

Young people's mental wellbeing

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Online tools to support child and adolescent wellbeing

There are many great website and apps that support the mental wellbeing of your child or teenager. To ensure those online experiences are safe, refer to this free and comprehensive guide for parents: <https://www.esafety.gov.au/key-issues/covid-19/advice-parents-carers>

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| Kids Helpline | A free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors available via WebChat, phone or email | kidshelpline.com.au or call 1800 55 1800 |
| eHeadspace | Free and secure space where a young person or their family can web chat, email or speak on the phone with a qualified youth mental health professional | headspace.org.au/eheadspace |
| Bite Back | Online positive psychology program aimed at improving overall wellbeing and resilience | www.biteback.org.au |
| The Brave Program | Free online anxiety program for children | brave4you.psy.uq.edu.au |
| The Butterfly Foundation | Free and confidential phone, text and email counselling and treatment referral for eating disorders, disordered eating, body image and related issues | thebutterflyfoundation.org.au |
| ReachOut | Online resources and reviewed mobile apps and tools to look after mental health | au.reachout.com |
| Smiling Mind | Mental health and meditation app for young people to boost calmness and contentment | www.smilingmind.com.au |
| Youth Beyond Blue | Beyond Blue's dedicated site for youth. Information, resources and support for young people dealing with depression and/or anxiety | www.youthbeyondblue.com |